

Managing Your Child's Anxiety

Free Virtual Workshops for Parents/Carers

The Mental Health Support Team (MHST) at Hammersmith, Fulham, Ealing and Hounslow Mind are offering workshops throughout the academic year to support parents and carers.

Has your child struggled with lockdown and COVID-19?

Are they anxious? Worried? Not their usual self?
More clingy? Not sleeping in their own bed?

This free workshop will help you understand anxiety in children, what keeps it going and what we can do to support them through it.



This workshop will be delivered on the following days/times:

- Monday 9th November 2020, 13:00-14:00
- Wednesday 24th March 2021, 13:00-14:00
- Wednesday 7th July 2021, 13:00-14:00

If you are interested in signing up to the workshop,
please follow the link below:

<https://www.eventbrite.co.uk/e/managing-your-childs-anxiety-a-virtual-workshop-for-parents-carers-tickets-122544934197>



Hammersmith, Fulham,
Ealing and Hounslow